SERVE THE PLANET 2018

Module 3: Study Circle Part 1

PHYSICAL ENERGY: THE BODY
Introduction to Module 3

Over the course of the next three parts of this Module 3 study guide series, we will look at:

► How we need to serve ourselves first, before we can serve others, including the planet.
► Understanding the role of physical, mental and spiritual energies in helping us to perform our daily activities as well as directing these towards the service of the planet.
► How we can practice ‘Ceiling on Desires’ in relation to physical, mental and spiritual energies.
► How to direct the energy we are endowed with to help serve the planet.
Outline: Part 1 study circle guide

- What generates physical energy in the body?
- What is the role of food in generating physical energy?
- Factors that impact on energy levels and what we can do about them
- How can we practice ‘Ceiling on Desires’ in relation to physical energy use?
- Directing our physical energy towards service of the planet
Purpose of this study circle

The purpose of this study circle is to understand the importance of physical energy in relation to the human body and its impact on the environment.
What is Physical Energy?

Physical energy is ‘the strength and vitality required for sustained physical activity’.
What generates energy in the body?

- Two sources power human body:
  - External: Food
  - Internal: Atma (Soul)
What is the role of food in generating physical energy?

- Carbohydrate & Fat
- Vitamin & Mineral
- Body
- Water
- Protein
- Fibre
What is the role of food in generating physical energy?

Source: [https://www.youtube.com/watch?v=LI Eh lw_d5N8](https://www.youtube.com/watch?v=LI Eh lw_d5N8)
The key to good health

Eat frequent, smaller meals

Food based on three (3) gunas (attributes, qualities)

Less

More

Sathwic
food that is capable of strengthening the mind as well as the body

Rajasic
food that excites and intoxicates

Thamasic
food that promotes dullness

Refined carbohydrates

Sugary foods

Plant-based proteins

Healthy fats

Green vegetables

Complex carbohydrates
Factors impacting on physical energy

Sleep

Exercise

Disease

Environment

Source: Cartim
Source: El mundo es un balon Blog
Source: Naturopataonline
Source: HQH Consultora
### What can we do about them?

<table>
<thead>
<tr>
<th>Sleep</th>
<th>Exercise</th>
<th>Disease</th>
<th>Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular bedtime routine</td>
<td>Can boost mood &amp; energy</td>
<td>Healthy and balanced diet</td>
<td>Quality of air, food &amp; water</td>
</tr>
<tr>
<td>Turn off electronic devices!</td>
<td>Reduce risk of stress &amp; anxiety</td>
<td>Stay stress-free</td>
<td>Our surroundings</td>
</tr>
<tr>
<td>Prayer, yoga &amp; meditation</td>
<td>Has positive health benefits</td>
<td>Positive thoughts, words &amp; deeds</td>
<td>Keep good company</td>
</tr>
</tbody>
</table>

**Exercise**
- Can boost mood & energy
- Reduce risk of stress & anxiety
- Has positive health benefits

**Disease**
- Healthy and balanced diet
- Stay stress-free
- Positive thoughts, words & deeds

**Environment**
- Quality of air, food & water
- Our surroundings
- Keep good company
‘Ceiling on Desires’ and physical energy use

Balance

Too much energy for activities

Taking on too much

Talking

Between

Too little energy for activities

Healthy eating & sleeping

Silence

Use energy for:
- Household chores
- Exercise
- Service activities e.g. environmental services (planting trees, water-bodies/ neighbourhood clean-ups, etc.)

Spend less time & energy:
- Pursuing wants
- Watching Television
- Using technology
Directing our physical energy towards service of the planet

A healthy and energetic body can:

► Contribute towards the betterment of society and the environment

► Help preserve resources by:
  ● Opting a diet of minimally processed, predominantly plant-based food
  ● Relying on our own self to travel around where possible instead of always burning fossil fuel

► Be less dependent on healthcare resources

Can you come up with more ideas on directing our physical energy towards positive actions to help the environment?
Recap

► What generates physical energy in the body?
► What is the role of food in generating physical energy?
► Factors that impact on energy levels and what we can do about them
► How can we practice ‘Ceiling on Desires’ in relation to physical energy use?
► Directing our physical energy towards service of the planet
Next: Module 3 Study Circle Part 2 – Mental Energy

► What is mental energy (mind)?
► What generates mental energy?
► Ways in which we waste mental energy
► Factors that influence our mental energy levels
► The power of positive thinking and how to turn it into action that can help the environment
► Using our mental energy to help serve the planet
Get in touch

If you have any questions, feedback or ideas on Serve the Planet Programme, please get in touch with the Team at servetheplanet@sathyasai.org.